



# SAFEnet

January 2010

## STUDENT'S KEEPING IT SAFE

Montgomery County's Department of Liquor Control (DLC), *Student's Keeping it Safe*, launches with the January 2010 issue of SAFEnet. *Student's Keeping it Safe* highlights a student or group who is making a positive impact on the community. The Keeping it Safe team will recognize each month an individual or group, between the grade levels of 6th and 12th, exemplifying a positive influence.

January's *Student's Keeping it Safe* participate in the SADD group of Clarksburg High School. SADD (Students Against Destructive Decisions) is a student run organization designed to promote an environment of safe and healthy decision making. The group recently kicked off their holiday toy drive where they donate all collected items to local families in need. They are determined to collect more this holiday season than the 900 toys collected and donated in 2008. The SADD group also just organized an annual Chain of Life, where every Clarksburg High School student attaches a link to the chain to represent that we are all connected; therefore, we must support one another, because we are only as strong as our weakest link. The chain is presented in front of the entire student body at a pep rally as a reminder that all are united in positive decision making! To read more, please continue to page 3.



Create a 30-second public service announcement for the 2010 Student Video Contest (More info. Page 2)

## Newsletter Highlights



### Questions?

Montgomery County community members can email related questions and receive updated prevention information. Please email: [safenet@montgomerycountymd.gov](mailto:safenet@montgomerycountymd.gov)

Tell a friend about SAFEnet and have them send an email to [safenet@montgomerycountymd.gov](mailto:safenet@montgomerycountymd.gov) with the subject line "SIGN ME UP"

To unsubscribe, please send email to [SAFEnet@montgomerycountymd.gov](mailto:SAFEnet@montgomerycountymd.gov) with the subject line "UNSUBSCRIBE ME"

**Get Local!**  
What's Happening in Montgomery County and Maryland

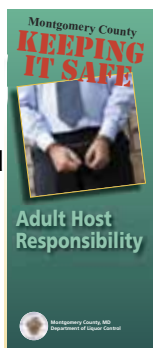
**Tips, Stats, and Signs of Under-21 Alcohol Use**

**Under 21 Alcohol Use in the News**

Keeping it Safe "team" members: Montgomery County Department of Liquor Control, Montgomery County Police, Keeping it Safe Coalition, Drawing the Line on Substance Abuse Coalition, Montgomery County Safe and Drug Free Schools, Montgomery County State's Attorney's Office, Montgomery County Recreation Department, and the Montgomery County Highway Safety Office  
To become a team member, email or call Meg Baker. 240-777-6652, [meg.baker@montgomerycountymd.gov](mailto:meg.baker@montgomerycountymd.gov)

## Adult Host Responsibility

Adult Host Responsibility is a Maryland Law that holds an adult who knowingly and intentionally serves/provides an alcoholic beverage to a person he/she knows, or reasonably should know, is under 21, liable for the person served and to any other person for damages resulting from the host's service of alcohol. It can even extend to adults and homeowners who are not on the premises and/or did not provide alcohol.



### WHAT TO DO:

**SAFEline**- call 301-670-SAFE to request information on hosting under 21 alcohol free events or to report an upcoming under 21 alcohol party, event, or provider.

To report a party in progress, call the non-emergency police line at 301-289-8000.

For more information on state laws and consequences or materials on Keeping it Safe, please contact the Department of Liquor Control Outreach Office, 240-777-1989, or e-mail [dlc@montgomerycountymd.gov](mailto:dlc@montgomerycountymd.gov).

As a result of 2009 Maryland General Assembly bills signed into law in May by Maryland Governor Martin O'Malley (D), driving under the influence (DUI) and teen drinking bills that went into effect:

1. Mandate one-year driver's license suspensions for persons twice convicted (within five years) of either driving under the influence of alcohol or controlled dangerous substances (Senate Bill 262);
2. Outlaw the "consumption" of alcohol by those under 21 and criminalise the provision of alcohol to those under 21 (House Bill 299);
3. Double the period for a subsequent Probation Before Judgment (PBJ) finding for impaired driving offenses (House Bill 301 & Senate Bill 259), and;
4. Provide for fines and incarceration for persons violating a Motor Vehicle Administration (MVA) imposed driver's license alcohol restriction (House Bill 305 & Senate Bill 263).

## Adolescence and Drinking- New Report Released

Adolescence (12-17 years) is a critical and vulnerable stage of human development, during which males and females experience different biological, social, and cognitive changes. During this life stage, millions of adolescents experiment with substance use and engage in behaviors that can affect healthy neurological and psychological development.

Highlights: Adolescents in Maryland

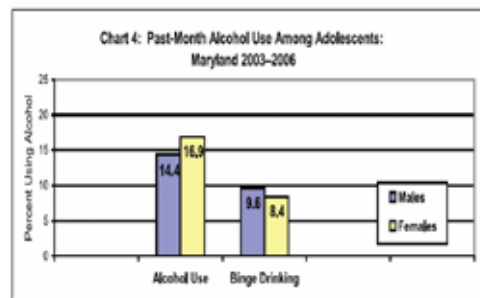
- 14.4 percent of males and 16.9 percent of females currently use alcohol, and 9.6 percent of males and 8.4 percent of females engage in binge drinking in the month prior to the interview.
- 14,000 females (5.9 percent) and 11,000 (4.6 percent) needed but did not receive treatment for alcohol problems.

- Approximately 41,000 (8.4 percent) of adolescents used an illicit drug in the past month; 32,000 (6.6 %) used marijuana, and 17,000 (3.5%) used an illicit drug other than marijuana.

- 9,000 adolescent males and 15,000 adolescent females used pain relievers non-medically in the 12 months prior to the interview.

- 21,000 Maryland adolescents needed but did not receive treatment for past-year drug problems.

- Adolescent females were more than three times more likely as males to have experienced a major depressive episode (MDE) in the past year (13.8 vs 4.4 percent).



Source: NSDUH 2003-2006

Full report is available at: <http://samhsa.gov/statesinbrief/>

## Student Video Contest

Keeping it Safe, an under-21 alcohol prevention coalition presents the 2010 student video contest. Students interested are to create a 30-second public service announcement video on one of the following topics: preventing under-21 alcohol use, what to do if you are worried about someone's drinking, or how media influences your thoughts about under-21 drinking. Prizes include cash, trophy, and recognition of the group. For more info. call 240-777-6652.

## Stiffer DUI & Teen Drinking Laws in Effect in Maryland

Four new Maryland laws went into effect aimed to crack down not only on those repeatedly driving impaired but so, too, on under 21 drinking .

## 7 Tips for Getting Through to Your Teen

*\*Mothers Against Drinking and Driving (MADD)*

1. Communicate before a problem starts- have important discussions now, before there's blaming, anger, or punishment
2. Discuss Rules and Consequences- Explain how you expect them to act. Tell them plainly that you don't want him/ her drinking
3. Show you care- Show your teen affection
4. Pay Attention- Even when life gets hectic, take time to listen to your teen
5. Share Family Activities- Have dinner together at least 3 times a week
6. Give and Get Respect- When your teen talks to you, listen and reply with respect. Insist to be treated with respect also.
7. Enforce Consequences Consistently- If your teen breaks the rules, stay calm and enforce the consequences.

**39 %** of eighth graders

**58 %** of tenth graders

**72 %** of twelfth graders

Report they have tried alcohol at least once in their life

*\*Source: Century Council.org*

## Take the Quiz (both students and parents)

- T/F Most of the alcohol people drink enters the bloodstream through the stomach
- T/F A mixed drink made with one shot ( 1 1/2 oz.) of hard liquor has more alcohol in it than a 12 ounce can of beer, a 12 ounce wine cooler or a 5 ounce glass of wine
- T/F Alcohol kills six times more young people in America than all illicit drugs combined
- T/F Drinking coffee, eating or taking a cold shower will sober you up
- T/F To report a drunk driver, you should call 911
- T/F Alcohol gives you the false impression that you can do things you can't, like drive

*\*Answers on back*

## Student's Keeping It Safe

### SERGE AMOUZOU, President SADD Clarksburg High

#### 1. Why do you think your group is a positive influence on today's youth?

SADD is a positive influence because our group promotes awareness of alcohol, drugs, and other destructive decisions. We educate students on the negative outcomes of taking part in such destructive decisions.

#### 2. What do you believe will make a difference in underage drinking (parents, teachers, educating, programs)?

Programs in health classes educate students on the negative physical and biological changes alcohol consumption can have on the developing body. I think continuing to educate students on the harmful effects and facts about drugs and alcohol is imperative.

#### 3. Who are some of your role models?

President Obama is a huge role model because of his leadership abilities and confidence. His goals ensure a promising future. He exemplifies how a dream can come true with hard work, dedication, and positive decision making.

#### 4. What are your future goals?

My future goals are to go to college and pursue a medical career. Eventually, I hope to become a surgeon. Along the journey, I hope my skills with web design and graphics help support me. Throughout it all, I will continue to promote others to make positive decisions.







## Montgomery County Police Holiday Task Force Campaign

The 2009 Montgomery County Police Holiday Task Force Campaign runs from November 18th to January 3rd. The task force is out during the holiday season focusing on under-21 drinking and under-21 DUI's. There have been 283 under-21 DUI's for the year, as of December 2009. The 2008 Holiday Task Force Campaign brought in 87 under-21 alcohol citations and 16 under-21 DUI's. In 2008, the total number of under-21 alcohol citations given out was 1240 and the total number of under-21 DUI arrests was 237.

## Family Dinners Still Popular in the U.S. Homes

More than 60 percent of families in the U.S. said they ate family dinners together at least five nights during the past week, according to a new survey conducted by the Associated Press-iVillage Food, the Associated Press reported Nov. 12. The new survey echoes many of the findings in The National Center on Addiction and Substance Abuse (CASA\*) at Columbia University's The Importance of Family Dinners V report, released in September. More than a decade of CASA's research has found that there are many benefits to frequent family dinners, including that the more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs. The latest survey found that family dinner time remains a priority across a wide demographic range, including both Democrats and Republicans, religious people and non-religious people, and urban and rural families.



Source: Join Together, [www.jointogether.com](http://www.jointogether.com)

## Older Adults Who Binge Drink Consume More Than Young Bingers

Older adults who have alcohol dependence problems drink significantly more than younger adults who have similar problems, a new study found. The findings suggest that older problem drinkers may have developed a tolerance for alcohol and need to drink even more than younger abusers to achieve the effects they seek. Researchers at Ohio State University found that adults over age 60 who have alcohol dependence drink more than 40 alcoholic drinks a week on average, compared to between 25 and 35 drinks a week on average for those in younger groups with similar problems. In addition, older people with alcohol dependence have more binge drinking episodes per month than do their younger counterparts.

Source: National Alcohol Beverage Control Association

Answers to quiz: 1. (F) Most alcohol enters a body by way of small intestine. Approx. 20% enters the bloodstream through the stomach. 2. (F) 1 can of beer/12 oz. at 5% alcohol = 1 glass of wine at/5 oz. at 12% of alcohol = 1 shot of whisky/1.5 oz. at 40% alcohol. 3. (T) 4. (F) Once alcohol is in your bloodstream nothing you can eat or drink will make you sober. Only time will help. 5. (T) 6. (T) Most drunk drivers are not fully aware of their impairments.

Source: [Centurycouncil.org](http://Centurycouncil.org)

